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RIO

Your essential daily news | TUESDAY, AUGUST 16, 2016

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UBER-FRIENDLY BYLAW

Legal expert talks \$215M taxi lawsuit



Lucy
Scholey
Metro | Ottawa

Don't put too much weight on the \$215-million figure named in a massive lawsuit over the city's Uber-friendly bylaw, says one lawyer.

Lawrence Greenspon, who's not involved in the lawsuit taxi drivers are launching against the city, said the damages sought don't necessarily matter in court.

"You can sue for \$100 million for a broken arm," he said.

But that does not mean it's a pie-in-the-sky figure, either.

The hefty sum could represent the amount all represented cab drivers paid in licensing fees and lost in income since Uber launched in 2014, said Greenspon.

While he thinks the taxi drivers have a shot, the city may also come back and say the courts should not interfere in a policy decision.

"The issue is going to be whether or not the city has a duty to protect the livelihood of the cab drivers that it's licensed," he said.

Cab drivers claim the city did not do enough to protect them in the new taxi bylaw. The allegations have yet to be proven in court.



TROUBLED WATERS

Bacteria tests in Gatineau differ
from Ottawa — just across the
river — and that's a problem

metroNEWS

Adele Michon, Quebec
Director of Operations
for Ottawa Riverkeeper,
stands near a combined
sewer outflow that lies
downstream of the
beach at Parc Moussette
in Gatineau on Monday.

JUSTIN TANG/FOR METRO

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CRIME

Still 'safe' despite weekend shootings



Joe Lofaro
Metro | Ottawa

Mayor Jim Watson said "knee-jerk" reactions aren't what the city needs to combat gun violence a day after police officers from multiple units were pulled in all sorts of directions as they scrambled to respond to four shootings on Sunday.

Ottawa is on track to exceed the record number of shootings set in 2014, which was 49. The capital saw its 43rd shooting of 2016 after gunfire killed a man inside Sentral nightclub followed by three separate drive-by shootings within 13 hours.

"We have to put more pressure on families to find out if

they know their child has a gun, they should be contacting the police. There's no room for people to have handguns in an urban setting," Watson said.

Watson and Chief Charles Bordeleau seemed to disagree that a change in strategy is needed to quell more gun violence.

Bordeleau, who reiterated that Ottawa is still a "safe city," said the weekend incidents were targeted shootings and involved known gang members.

"We are working very hard to make sure that we have the capacity to investigate these crimes and hold the offenders accountable and working also with other federal partners and provincial partners to deal with the flow of guns that are coming into our communities," he said.

QUEEN'S PARK

Province uses public funds for pensions ad

Ontario's Liberal government is defending a publicly funded ad that promotes an agreement to enhance the Canada Pension Plan — a federal program.

The radio advertisement says, "Ontario has been working to help close the retirement savings gap" and "the improved CPP would help close the gap and strengthen retirement security for working Canadians."

Ontario Auditor General Bonnie Lysyk says she would not have approved the ad under the previous rules, but the Liberals changed them last year and she says the new rules remove her

discretion to veto partisan ads.

In this case, she says this ad is more "self-congratulatory" than informative for Ontarians, and is more federal jurisdiction.

Ratification of the agreement-in-principle to enhance the CPP was delayed last month when British Columbia declined to sign off, saying it needed more time for public feedback.

The provincial Liberal government spent \$70 million to create an Ontario Retirement Pension Plan that now won't be needed as long as the CPP agreement goes through.

THE CANADIAN PRESS

Pit bull crackdown too costly, says city

POLITICS

Public would bear brunt of added costs: Bylaw chief



Emma Jackson
Metro | Ottawa

Ottawa's bylaw chief says it would be too expensive to crack down on the city's illegal pit bulls.

Roger Chapman said Monday that Ottawa taxpayers would "bear the costs" of the extra officers, shelter space, expert witnesses and court time needed if the bylaw department was to proactively seek out illegal dogs.

owners.

Some residents have been calling for action after three reported pit bull attacks in as many weeks in Ottawa.

Police had to shoot two dogs in Orleans last Saturday after they attacked a 25-year-old woman on a residential street, leaving her with serious injuries.

Three weeks ago, a 50-year-old Vanier woman went to hospital with serious injuries after her daughter's pit bull-type dog attacked.

And on July 26, Kaylene Funk and her Doberman were attacked by two loose pit bulls while jogging down Preston Street. She suffered a minor bite on the hand and her dog got stitches in its snout.

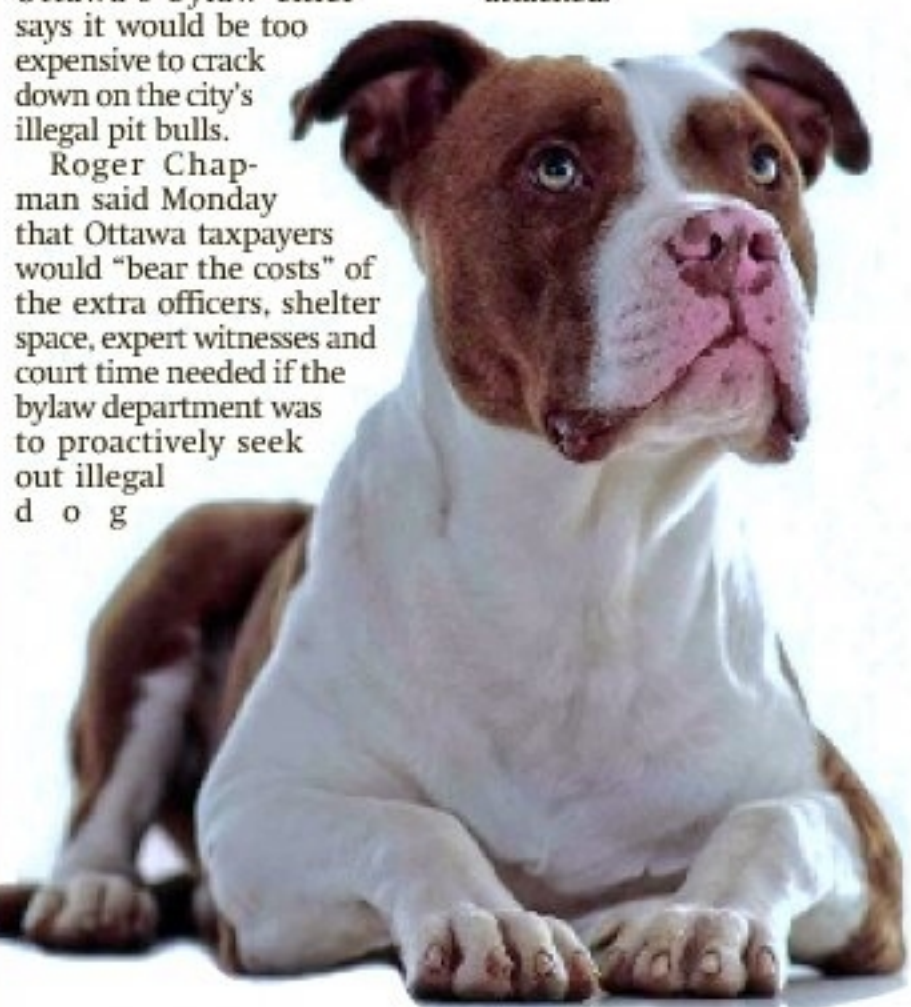
The Ontario government banned pit bull-type dogs in 2005, but since 2011 the city has only taken seven pit bull owners to court. Six of those dogs were put down.

Chapman said the breed-specific ban poses a big challenge to his department.

"Singling out particular breeds is both over-inclusive and under-inclusive," Chapman said in an email. "Many well-behaved dogs among the controlled breeds are included, and many poorly-behaved dogs from other breeds are excluded."

He said of the average 450 dog bites reported each year, only about two per cent are from pit bull-type dogs.

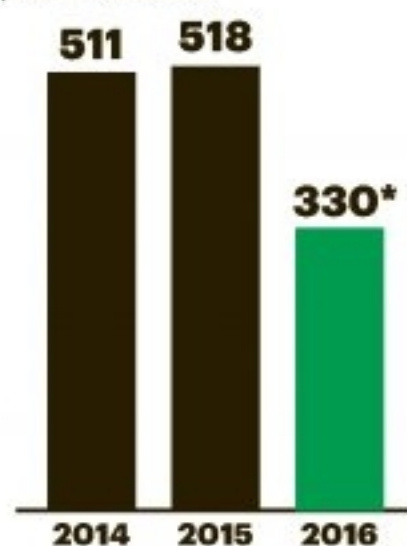
With an estimated 100,000 dogs in the city, "problematic dogs are a very small minority," he added.



1 Not including the two dogs shot by police on Saturday, the city has also pursued action against 11 dogs who violated the Dog Owners' Liability Act. **Since 2011:**

- 5 pit bulls were euthanized for biting
- 1 pit bull was euthanized for unauthorized transfer
- 1 husky was euthanized for biting
- 1 bouvier was euthanized for biting
- 2 pit bulls involved in the Preston Street attack will have their fates decided this fall.

2 Recorded dog bites per year in Ottawa:



*Measured up to August 2016

3 There are an estimated 100,000 dogs in Ottawa. Of the biting reports, about 20 per cent warrant charges being laid, and about 2 per cent involve alleged pit bull-type dogs, according to bylaw chief Roger Chapman.

GRAPHIC BY ANDRES PLANA



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Adele Michon, Quebec director of operations for Ottawa Riverkeeper, takes photos of water coming out of a combined sewer outflow that lies downstream of the beach at Parc Moussette in Gatineau on Monday. JUSTIN TANG/FOR METRO

COMMUNITY CENTRE

Kitchen closer to reality

It's not yet time for Albion, Heatherington and Fairlea residents to dig out their recipes, but the city's first community kitchen is a few steps closer to becoming reality.

A small number of residents got a first glimpse of the design for the space, which will be constructed as an addition on the west side of the Albion-Heatherington Community Centre, during a public consultation meeting in mid-July.

"The goal of the meeting was to go over the preliminary designs and make sure that the direction we're headed in is something that the community wants and that the community agrees on," Gloucester-Southgate Coun. Diane Deans said, adding that the plans were well received by the 10 people who attended the meeting.

While there is an early vision for the types of programming that would be offered, it's hoped residents will provide ideas, said Deans, who has also been speaking with people about food security issues.

Deans is hoping to secure funding to construct a community garden in the neighbourhood, which would serve as a source of food that can be prepared in the new kitchen, provide fresh produce for residents and serve as an important learning opportunity.

"Ultimately the goal would be to be able to teach people how to grow food and prepare food," she said. "I'm hoping to have the construction of the community garden coincide with the kitchen as much as possible."

There may be more to the vision than the kitchen and garden.

"There's lots of opportunity to try some unique things," Deans said, referring to the city's first wood-burning outdoor oven that was built in Bayshore Park in the west end of the city in 2014.

"Ultimately if we could get a sponsor we could get a bake oven as well so you could do some community events baking pizzas in an outdoor oven," she said. "You start dreaming and then you dream even bigger."

ERIN MCCracken / METROLAND MEDIA



You start dreaming and then you dream even bigger.

Diane Deans

Swimming in sewage

BEACHES

Bacteria tests not the same on both sides of the river



Haley Ritchie
Metro | Ottawa

If you're a frequent beach-goer in Ottawa, you may have noticed a pattern: the day after a heavy storm you can expect the red flag to go up, closing riverside beaches.

Beaches in Gatineau don't always have the same warnings, but it doesn't necessarily mean they're that different. The cities of Gatineau and Ottawa deal with water quality in the Ottawa River very differently, something the Ottawa Riverkeepers would like to see change.

On Saturday, Westboro beach in Ottawa was closed after heavy rainfall and daily tests indicating E. coli bacteria levels above 200 per 100 millilitres.

Almost directly across the river, the beach at Parc Moussette in Gatineau had received a rating of "D" indicating

high bacteria — but the rating was from two weeks previous, on Aug. 2.

"In Gatineau, the beaches are tested by the city every two weeks and by the province every two weeks," explained Adèle Michon, Québec director of operations for Ottawa Riverkeeper.

"Within 24 hours of a big storm people really shouldn't go in the water," she said. "They're tested every week on Tuesdays, but unless there is a storm on the Monday or the Tuesday you won't know the water quality. Water quality should be tested every day like it is in Ottawa."

Whether they were informed or not, the gross-factor of sewage didn't seem to deter the families seeking refuge from the heat at Parc Moussette beach in Gatineau on Monday.

The difference in the amount of testing done on the two sides of the river — Ottawa is daily, Gatineau is once every two weeks — also extends to the amount of raw sewage that flows into the river after a major storm.

Most of the E. coli in the river originates from birds and from storm outlets and creeks. Because of the way sewers were

BY THE NUMBERS

- **5:** The number of days Mooney's Bay beach has been closed due to high E. coli counts during the 2016 swim season in Ottawa so far (June 18 to Aug. 15). Data for Gatineau beach closures is not publicly available.
- **10:** The amount, in millimetres, of rain that triggers an automatic 24-hour beach closure in Ottawa. Gatineau beaches have no similar closing period.
- **93:** The number of spots where sewage combines with the stormwater system and can overflow into the river in Gatineau.
- **18:** The number of spots where sewage combines with the stormwater system and can overflow into the river in Ottawa.
- **\$300,000:** The amount the City of Gatineau has invested in overflow monitoring devices that were installed in June 2016.
- **50:** The number of monitoring devices purchased to monitor overflow sites.
- **1960:** The last year combined sewer systems were typically installed. Most cities, especially in older areas, still generally use some combined sewers.

built between the 1880s and the 1960s, a heavy downpour in the city can also cause temporary increased levels of E. coli in the water.

The City of Ottawa carefully monitors "combined sewage overflow" events and posts the results on a weekly basis

when raw sewage mixes with rainwater and is dumped into the Ottawa River. The city has reduced its combined sewage overflow volume by 80 per cent since 2006. City beaches also close automatically for 24 hours if there is over 10 millilitres of rain.

The City of Gatineau doesn't close beaches after rainfall, and only began monitoring overflow events last June, installing 50 monitors in areas where combined sewage overflow is the most problematic and where people use the water the most.

"We want them to show leadership and have recordings everywhere and be proactive in letting people know," said Michon. "We'd like the same thing when sewage is released into the river, because we believe people have the right to know."

While Ottawa Riverkeeper wants people to have access to the sewage overflow figures, there's also people who fear contaminants in the water too much — and miss out on recreation and a cool-off on a hot day.

The vast majority of the beach season, E. Coli levels are very low at the city's most popular beaches.

"Most of the time the river is amazingly clean and it's amazing that we have a river flowing through our capital that we can swim in," said Michon. "I'm from France and swimming in the Seine — nobody would do that. Here we have a fantastic resource that we can enjoy."



Comedian Scott Thompson. RYAN REMIORZ/THE CANADIAN PRESS

Thompson Yuks it up

COMEDY

Former Kids in the Hall star set to headline stand-up series



Lucy
Scholey
Metro | Ottawa

From the effeminate socialite Buddy Cole to an aging fitness woman, Scott Thompson has dressed up and down for the Kids in the Hall.

But lately the 57-year-old is playing someone his older fans rarely saw back in the comedy troop's glory days: himself.

Thompson is headlining Capital Pride's Laugh Out Proud stand-up comedy series at Yuk Yuk's Aug. 18-20. While he has toyed with stand-up throughout his sketch comedy career, it has only been within the past seven years that he has taken

a good stab at it. This will be his first Ottawa show.

"If I was young now, I would have probably gone into stand-up comedy, but in my generation, that wasn't really possible," he said, while on the phone from Hamilton.

"I got called f---t all the time. Gay men in those times were very much the target of ridicule. Stand-up comedians went after gay men all the time."

After meeting the other Kids in the Hall guys, Thompson didn't look back. The comedy troupe made waves back in the 1980s and 1990s, writing sketches with gay characters, including Thompson's famous Buddy Cole.

While Thompson's stand-up jokes will be all about him — taboo topics like cancer, race, sexuality and, to no surprise, sex — fans might see a brief Buddy comeback.

"I think of Buddy as a character, I also think of him, in some ways, as a fetus of my stand-up."

PARADE

Police free to wear uniforms: Pride chair



Joe
Lofaro
Metro | Ottawa

Off-duty Ottawa police officers will be free to walk in the Pride parade in their uniforms next weekend, the chair of the event confirmed Monday.

Responding to earlier demands from some members of the black community, Tammy Dopson said there will be no extraordinary requests for police

this year, but said she is aware Pride is — and always has been — a political movement.

"The fact of the matter is Pride is born (out) of protests. This is where we started," said Dopson.

"We expect everyone to express themselves as they are. That's always been a mandate of Pride. And for us to dictate to anyone how they should present themselves in the context of our Pride parade would be a slippery slope. The question becomes:

what's next?"

Last month, members of activist groups Black Diaspora and No Justice No Peace told Metro they were opposed to seeing police uniforms in Sunday's parade because they are a symbol of an "oppressive institution."

But Dopson claimed Monday there had been "no formal request" from the community, in fact, for such a ban.

In Toronto, Black Lives Matter activists halted the parade for about 30 minutes as they

demanding, among other things, that police floats be excluded from future Pride parades.

Leila Moumouni, member of Ottawa's Black Diaspora, said in July she supported the uniform ban.

"Be there as yourself, but you don't need to be as a representation of an oppressive institution. It doesn't need to be that. For me at least, I don't understand the need for people who work in the police to be in uniform to celebrate Pride," she said.

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TAXES

Wynne urges cities to consult constituents

Premier Kathleen Wynne is advising Ontario municipalities to consult constituents before asking for increased taxation powers, but suggests such a request would be approved.

During the annual meeting of the Association of Ontario Municipalities in Windsor,

Wynne told local politicians that they also need to decide among themselves exactly what types of "revenue tools" they would want to introduce.

Most municipalities are limited to property taxes as a primary source of revenue, but some are eyeing other options, like a tax on hotel rooms. THE CANADIAN PRESS

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Liberals not helped by ranked ballots

If Justin Trudeau gets his way on electoral reform, will the Liberals "steal" every federal election in perpetuity?

As hearings on a new voting regime resume next Monday, the Conservatives contend that's what would be in store if Canada adopts a system of ranked ballots, which the prime minister has in the past touted as his preference for replacing the first-past-the-post (FPTP) voting system.

Pollsters, pundits and proponents of proportional representation are only slightly less apocalyptic, predicting that a ranked ballot system — also known as preferential ballot or alternative vote (AV) — would certainly give the Liberals an unfair advantage.

Hogwash, say political scientists who specialize in the study of voting systems.

"Would the Liberals automatically benefit? No," says Wilfrid Laurier University's Brian Tanguay.

Under AV, voters mark their first, second and subsequent choices. If no candidate wins more than 50 per cent of the vote, the contender with the fewest votes is dropped from the ballot and his or her supporters' second choices are counted. That continues until one candidate emerges with a majority.

Had that system been in place in last fall's election, polls have suggested Trudeau's Liberals would have won an even bigger "false majority" since they were the most popular second choice among supporters of other parties.

But those analyses superimpose second choice preferences onto voting behaviour driven by FPTP — which compelled plenty of NDP and Green supporters to back the Liberals to defeat the Conservatives, rather than risk "wasting" their votes on the smaller parties.

THE CANADIAN PRESS

IN BRIEF

Steps against terror

Public Safety Minister Ralph Goodale was in Montreal Monday where he talked about a program designed to reach out to those vulnerable to radicalization.

THE CANADIAN PRESS

Provinces wait for funds

The federal government has yet to sign infrastructure funding agreements with five provinces and two territories — agreements that are a key step before any federal cash can flow to projects across the country.

THE CANADIAN PRESS



Comedian turns tables on Trudeau

The prime minister's visit to Atlantic Canada has already included one shirtless selfie — but this time, Justin Trudeau is the photobombee rather than photobomber.

Comedian and Newfoundland native Mark Critch pounced on the opportunity to turn the tables on Trudeau during a walkabout on Signal Hill on Monday.

Critch tweeted a photo of Trudeau grinning at the camera with Critch bare-chested in the background.

"Sorry to accidentally photobomb your @CityofStJohns pic @JustinTrudeau," wrote Critch in the tweet, which had been retweeted 1,000 times by early Monday afternoon.

An amused Seamus O'Regan, the MP for St. John's South-Mount Pearl, flanks the prime minister with one hand over his mouth, presumably stifling giggles.

Trudeau made headlines recently with two shirtless photos, the latest while taking a break from surfing and photobombing a couple getting married on a Tofino, B.C., beach. THE CANADIAN PRESS

Hunter kills Alberta bear with GoPro-equipped spear

ANIMAL WELFARE

Video prompts province to review hunting regulations

An American big-game hunter has posted a video of himself killing a black bear in Alberta with a GoPro-equipped spear, drawing criticism on social media and prompting the provincial government to introduce a ban on the use of spears.

Ohio hunter Josh Bowmar,

a fitness trainer, posted the video to his YouTube channel on June 5.

Bowmar says the hunt took place during a trip he and his partner Sarah took to Alberta in mid-May.

In the video, a black bear can be seen circling then approaching the baited area where Bowmar stands before he hits it with the spear from just metres away.

"The type of archaic hunting seen in the recently posted video of a hunter spearing a black bear, allegedly in Alberta, is unacceptable," said a state-

ment emailed by Alberta's Ministry of Environment and Parks Monday evening. "Work is well underway to update Alberta's hunting regulations. We will introduce a ban on spear hunting this fall."

In the meantime, the statement said, the ministry has asked Fish and Wildlife officers to investigate the video and "determine if charges are warranted under existing laws."

Facebook posts and comments on the YouTube video described the footage as "barbaric," but Bowmar says he believes it was an ethical kill.



Josh Bowmar killing a black bear in Alberta. YOUTUBE.COM

"First and foremost, spear hunting gives the animal the greatest chance of escape," Bowmar said in an emailed state-

ment to Torstar News Service on Monday. "Trust me, no one cares more about these animals than us hunters, especially me," he said, adding he'd trained to spear hunt for months beforehand.

Bowmar's comments on video were more exultant.

"He's going down; I drilled him perfect," he said to the tune of dramatic background music.

Roland Lines, the Alberta SPCA's communications manager, called it "disturbing."

He added the SPCA would be reviewing it to ensure it was an ethical hunt. TORSTAR NEWS SERVICE

BANGLADESH ATTACK

Photos show Khan with gun at scene, but questions remain



Tahmid Khan

CONTRIBUTED/THE CANADIAN PRESS

A University of Toronto student remains in custody in Bangladesh following publication of pictures that allegedly show him holding a gun at the scene of a deadly hostage-taking.

However, questions remain unanswered about the context of photos that appear to show Tahmid Hasib Khan on the rooftop of the Holey Artisan Bakery during the July 1 attack that killed 20 hostages.

The New York Times and

Guernica magazine have published reports quoting hostages as saying that Khan, 22, was also a hostage, and that he was photographed after being ordered to hold an unloaded pistol.

In a report that included the images, Dhaka Tribune acknowledged that "by themselves, the photos present no hard evidence that links ... Tahmid directly to the attackers."

The Tribune also said it could

not independently verify the source of the images.

Khan has been arrested but not charged for the attack, in which five armed gunmen were killed and 13 other hostages freed after an 11-hour siege.

On Saturday, a judge granted police a six-day extension to keep Khan in custody as they probe the attack that was claimed by Daesh.

The University of Toronto has written to the Bangladeshi High

Commission in Ottawa, expressing concern for the safety and fair treatment of Khan, U of T spokesperson Althea Blackburn-Evans said on Monday.

Khan is described by the university as a student in good standing who's active in extra-curricular activities, including sports and music. Khan's family has repeatedly said that he's innocent and friends have set up a Free Tahmid Facebook page.

TORSTAR NEWS SERVICE

New Daesh recruits lack knowledge of religion

TERRORISM

Extremist group preys on ignorance of new members

The jihadi employment form asked the recruits, on a scale of 1 to 3, to rate their knowledge of Islam. And the Islamic State applicants, herded into a hangar somewhere at the Syria-Turkey border, turned out to be overwhelmingly ignorant.

The extremist group could hardly have hoped for better.

At the height of Daesh's drive for foot soldiers in 2013 and 2014, typical recruits included the group of Frenchmen who went bar-hopping with their recruiter, the recent European convert who now describes himself as gay, and two Britons who ordered "The Qur'an for Dummies" and "Islam for Dummies" from Amazon to prepare for jihad abroad.

Their intake process complete, they were grouped in safe houses as a stream of Daesh imams came in to indoctrinate them, according to court testimony and interviews by The Associated Press.

"I realized that I was in the wrong place when they began to ask me questions on these forms like 'when you die, who should we call?'" said the 32-year-old European recruit, speaking to the AP on condition of anonymity. He said he thought he was joining a group to fight President Bashar Assad and help Syrians, not Daesh.

The European, whose boyish demeanour makes him appear far younger than his age, went to Syria in 2014. He said new recruits were shown Daesh propa-



Civilians flee villages outside Mosul the day after Iraqi Kurdish forces launch an operation east of the Daesh-held city in Iraq on Monday. THE ASSOCIATED PRESS

ganda videos on Islam, and the visiting imams repeatedly praised martyrdom.

An analysis of leaked Daesh documents reveals most of its recruits from its earliest days came with only the most basic knowledge of Islam. A little more than 3,000 of these documents included the recruits' knowledge of Shariah, the system that interprets into law verses from the Qur'an.

According to the documents, which were acquired by the Syrian opposition site Zaman al-Wasl and shared with the AP, 70 per cent of recruits were listed as having just "basic" knowledge of Shariah — the lowest possible choice. Around 24 per cent were categorized as having an "intermediate" knowledge, with just five per cent considered advanced students of Islam. Five recruits



I realized that I was in the wrong place when they began to ask me questions on these forms like 'when you die, who should we call?' Daesh recruit

were listed as having memorized the Qur'an.

The findings address one of the most troubling questions about Daesh recruitment in the United States and Europe: Are disaffected people who understand Shariah more prone to radicalization? Or are those with little knowledge of Islam more susceptible to the group's radical ideas that promote violence?

The documents suggest the latter. The group preys on this religious ignorance, allowing extremists to impose a brand of Islam constructed to suit its goal

of maximum territorial expansion and carnage.

The AP analyzed the Daesh entry form documents of around 4,030 foreign recruits who crossed into Syria when the group was rapidly expanding and seizing territory in Iraq and Syria in 2013 and 2014. At that time, the CIA estimated the extremist group had between 20,000 and 31,500 fighters across Iraq and Syria.

Among the documents were forms for nine of 10 young men from the eastern French city of Strasbourg, all recruited by a man

named Mourad Fares. One of them, Karim Mohammad-Aggad, described barhopping in Germany with Fares. He told investigators that Daesh recruiters used "smooth talk" to persuade him.

He'd travelled with his younger brother and friends to Syria in late 2013. Mohammad-Aggad's brother, 23-year-old Foued, returned to Paris and was one of the three men who stormed the Bataclan in a night of attacks on Nov. 13 that killed 130 people.

"My religious beliefs had nothing to do with my departure," Karim Mohammad-Aggad told the court, before being sentenced. "Islam was used to trap me like a wolf."

Daesh data shows Karim and his brother Foued were among eight in the Strasbourg group listed as having "basic" knowledge of Shariah.

When pressed by the judge on his knowledge of Shariah and how the Daesh group implements it, Mohammad-Aggad appeared dumbfounded, saying repeatedly: "I don't have the knowledge to answer the question."

That's where Amazon comes in. The trial of longtime friends Mohammed Ahmed and Yusuf Sarwar, from the British city of Birmingham, revealed they had ordered "The Qur'an for Dummies" and "Islam for Dummies" books in preparation for their trip to join extremists in Syria.

Patrick Skinner, a former CIA case officer with extensive experience with Middle East extremist organizations, said some people claim allegiance to Daesh out of religious belief, but that most who join are people "reaching for a sense of belonging, a sense of notoriety, a sense of excitement."

"Religion is an afterthought," said Skinner. THE ASSOCIATED PRESS

U.S. ELECTION

Trump's new plan for vetting immigrants

Donald Trump called Monday for "extreme" ideological vetting of immigrants seeking admission to the United States, vowing to significantly overhaul the country's screening process and block those who sympathize with extremist groups or don't embrace American values.

"Those who do not believe in our Constitution, or who support bigotry and hatred, will not be admitted for immigration into our country," Trump said in a foreign policy address in Youngstown, Ohio.

Trump's proposals were the latest version of a policy that began with his unprecedented call to temporarily bar foreign Muslims from entering the country — a religious test that was criticized across party lines as un-American.

The Republican nominee has made stricter immigration measures a central part of his proposals for defeating Daesh.

Trump's address comes during a trying stretch for his presidential campaign. He's struggled to stay on message and build a consistent case against Democrat Hillary Clinton, repeatedly roiling the White House race with provocative comments that have deeply frustrated many in his own party. THE ASSOCIATED PRESS



Republican presidential candidate Donald Trump smiles to applause. THE ASSOCIATED PRESS

IN BRIEF

Syrian troops repel rebels

Syrian troops repelled a rebel advance near Aleppo on Monday, forcing opposition forces to retreat from positions they seized a day earlier as heavy fighting continued in the country's largest city.

Russian Defence Minister Sergei Shoigu meanwhile said Moscow and Washington, which back opposite sides in the civil war, are edging closer to an agreement to defuse the fighting in the contested city.

THE ASSOCIATED PRESS

YEMEN

11 people killed in hospital airstrike

An airstrike hit a hospital supported by Doctors Without Borders in northern Yemen on Monday, the international humanitarian group said, killing at least 11 people and wounding at least 19 others.

The group, known by the French acronym MSF, said the strike hit the hospital near the Houthis rebel stronghold of Saada, where teams were still attending to the wounded.

The airstrike on Abs Hospital, in Yemen's Hajjah governorate,

occurred around 3:45 p.m. Monday, MSF said in a news release. The aid group said nine people, including an MSF staff member, were killed immediately. Two more patients died while being transferred to another hospital, and five patients remain hospitalized.

MSF said the hospital, which the group had been supporting since July 2015, was partially destroyed, and all the remaining patients and staff have been evacuated. THE ASSOCIATED PRESS

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More families turn to visiting au pairs

DAY CARE

Rise pegged to changes in caregiver program

Calgary mom Paige Shaw found herself in a bind when her nanny decided to return to Toronto last year.

So she turned to the Internet to find their next caregiver and joined a growing number of Canadians seeking new ways to manage what can be frustratingly hard-to-find child care — by hiring an au pair.

The 38-year-old says she had never heard of the concept before last year, but after finding Kimberley Spence, a 19-year-old from Perth, Australia, she says it is “hands down” the best arrangement for her family.

The phenomenon of hiring a young traveller on a holiday working visa instead of a trad-

itional live-in nanny is definitely on the rise, says Manuela Gruber Hersch of the Vancouver-based International Nannies and Homecare.

“We started about four years ago with a few, and then basically the placements after that doubled,” says Gruber Hersch, also president of the Association of Caregiver and Nanny Agencies Canada. She pegs the rise to changes two years ago to the federal government’s foreign caregiver program that made it “risky, very expensive and cumbersome” to secure a full-time nanny from overseas.

One of the reasons au pairs are lesser known in Canada is that many are hired under the table, says Gruber Hersch. Cost is a big issue, since parents must adhere to minimum wage rules and make deductions for Employment Insurance, Canada Pension Plan and income tax. In the end, the cost can be comparable to a daycare or nanny.

THE CANADIAN PRESS



Paige Shaw, top left, and her family Chase, Finn, and Dana Shaw with their Australian au pair Kimberley Spence, bottom, in Calgary. LARRY MACDOUGAL/THE CANADIAN PRESS

SHOPPING

Back-to-school sales to grow, experts say

Retail experts are forecasting an increase in Canadian back-to-school spending this summer thanks in part to the low loonie and the new Canada Child Benefit.

Business consulting firm EY, formerly Ernst and Young, predicts that retailers will see a 4.5 per cent increase this year over 2015 sales as students stock up for another year in the classroom.

EY’s forecast is based on factors that include province-by-province employment numbers, housing markets and consumer spending habits over the past

12 to 18 months, said EY’s Daniel Baer in a recent interview.

EY also asked retailers across the country for their own sales trends and expectations.

Back to school is the second-biggest shopping season after Christmas, Baer said.

“What we’ve been seeing is stronger retail sales for a few reasons,” said Baer. “The Canadian economy has been relatively strong (and) there’s been some more government spending in terms of child-care benefits ... putting money into the hands of families.”

THE CANADIAN PRESS

IN BRIEF

Home sales slowing

The Canadian Real Estate Association says July marked the third consecutive month of fewer home sales. The number of transactions fell 1.3 per cent nationally between June and July, as more than half the markets showed declines in July. THE CANADIAN PRESS

market minute

	DOLLAR 77.42¢ (+0.27¢)
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	OIL \$45.74 US (+\$1.25)
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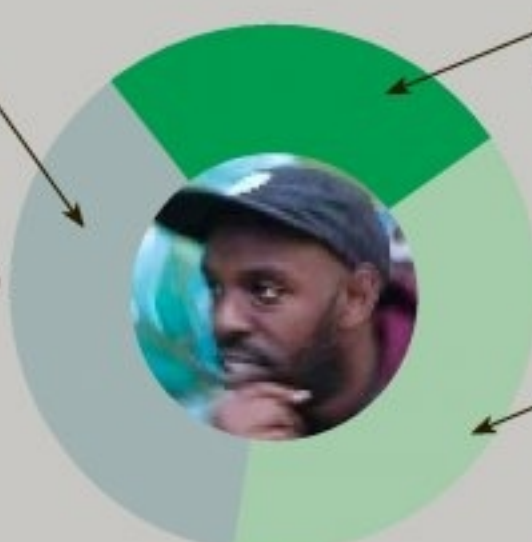
METRO POLL

O, Shad, we hardly knew ye

The CBC announced Monday that Shad will no longer be the host of Q, the public broadcaster's daily arts-and-culture radio show. He'll be replaced by longtime backup host Tom Power. Under Shad, the show was unable to recover from the Jian Ghomeshi sexual-assault scandal: Ratings have steadily plummeted since Ghomeshi was removed in the fall of 2014. We asked readers for their take on the move.

1 Is replacing Shad the right move for Q?

37% Yes. It's been obvious for a long time that the kid isn't up to the task.



26% No. It was premature. Shad's still new and promising. Let him improve!

37% I don't mind that Shad's gone, but why is this boring white guy taking over?

WE ASKED Metro readers

Shad is a low-key host but projects warmth and to his subjects. He might need coaching on interviewing, but I like him a LOT better than Power, who is way too 'chirpy' and sounds like someone who hawks vitamins for a living.

I was enjoying Shad's work. Letting him come into his own and build something outside Ghomeshi should have started with a new name.

He never left script and let golden opportunities pass.

He just did not develop the interview skill necessary for the format of Q. Always sounded like he was reading someone else's list of questions.

NO MORE BORING WHITE DUDES IN MEDIA PLZ

I'd like to see a woman in there, given the reason JG is gone. I do like Tom Power though...

He isn't the worst thing on the CBC. There are many other 'personalities' that are wanting.

visit metronews.ca
HAVE YOUR SAY

More than a mall, Rideau is a place to rendez-vous

COLLINS' CAPITAL

Steve Collins



It's bigger news for some of us than others that we now have a Simon's and an H&M downtown. For those keen to shop, the Rideau Centre, which last week cut ribbon on its \$360-million, 25-store expansion, is purpose-built.

But a mall's more than a mall. It's a hang-out place, sometimes a performance space during music festivals, and, in this case, an important thoroughway for transit riders connecting between Rideau Street buses and Mackenzie King station (and anyone just trying to cut between the Market and Elgin Street without making an afternoon of it).

The Rideau Centre doesn't typically top the list of Ottawa tourist attractions, but proximity and proclivity have plenty

of visitors soaking up the air conditioning and shopping at many of the same chain stores they could probably find back home. So it's a mall, but it's also a landing pad for out-of-towners, complete with hotel and convention centre.

Maybe it was an abundance of concern for visitors' first impressions that had Ogilvy Square, the pedestrian plaza at the shiny new end of the mall, making its debut without any place to sit.

Excuses were proffered about potential for benches to interfere with organized events in the square, but it was hard to shake the suspicion that everyone was being deprived of a place to sit primarily so that homeless people wouldn't get too comfortable there. At the opposite side of the mall, an overpass where the shelter-less used to take shelter was cordoned off with metal bars years ago.

Homelessness doesn't have

a lot to recommend it, but it remains stubbornly common, and we sometimes seem obsessively concerned with making life harder for those whose lives are already hard.

After an intervention by the mayor this spring, the plaza now has a grand total of three benches along its length, each equipped with an arm-rest about a third of the way along its length, seemingly designed to discourage sleeping. It's a grudging welcome with a clear admonition not to overstay, but a welcome nonetheless.

And the square itself, with plentiful bike racks and the glassed-up facade of the old Ogilvy's department store, is a quiet break from Rideau Street, which, after the mall's facelift, the big dig-up of water mains and resurfacing, light rail construction, and the odd sinkhole, could use a break itself one of these days.

The new, improved Rideau Centre is noticeably more wel-

coming to Rideau Street, more window and less wall, actual human faces peering out onto the street from the Bridgehead over their fair-trade organics. Extra entrances off Rideau already promise to ease some of the pedestrian bottleneck under the bridge between the mall and the Bay.

And Simon's, in its commanding position atop the mall, opens onto Rideau rather than turning its back on it. From the top floor, you can take in a vista of Rideau Street, the Market's roof-lines and the crane and pit across the street at the future light rail station (Catch It Here In 2018).

Rideau Street's still a work in progress, but after so much of the former, it's now possible to discern signs of the latter.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

Is Canada's team doing as well as it should in Rio?



Richard Florida

In many ways the Rio Summer Games is shaping up to be a banner Olympics for Canada. Swimmer Penny Oleksiak has hauled in four medals including gold in the women's 100-metre free-style swim. Sprinter Andre De Grasse took the bronze in the men's 100-metre run. With 13 medals and 11th place among nations as of Monday morning, it's easy to heap praise on Canada's performance.

But simple medal counts often fail to provide a meaningful indication of a country's relative performance.

With the help of Charlotta Mellander and Patrick Adler, my colleagues at the University of Toronto Martin Prosperity Institute, I ranked each nation's overall medal performance by their population, size of their economy and the number of athletes on their Olympic teams.

Sadly, when we look at the number of medals based on size of population, Canada falls further down the list. We rank 26th with 3.6 medals per 10 million people. Tiny Grenada takes the top spot on this metric. Its one medal is equivalent to 93.6 medals per 10 million people. New Zealand is second with 17.4, followed by Slovenia with 14.5, Denmark with 12.3, and Hungary with 12.2. Large countries generally speaking do worse on this metric. The U.S. falls from first in total medal count to 36th (with 2.15 medals), Russia goes from fourth to 38th, and China falls from third to 60th.

Canada does even worse when we look at medals based on the size of the economy. Canada ranks 42nd with less than one medal (0.8 medals)

per \$100 billion of economic output or GDP. Again, Grenada tops the list: its one medal translates to more than 100 medals (per \$100 billion GDP). Fiji is next with 22.8, followed by Jamaica (21.4) and Mongolia (17.1). By this metric, the United States is 54th, Russia 26th and China 53rd.

Perhaps the most useful way to measure success is to look at how many medals nations bring home based on the size of their Olympic teams. This metric makes the size of a country a more neutral factor in comparing results.

On this list, too, Canada doesn't fare particularly well, placing 37th: just 0.4 medals per 10 Olympians. Small countries take the top three spots. North Korea places first with 1.93 medals per 10 team members; Grenada is second with 1.43; and Kosovo third with 1.25. But Canada's rank on this metric is much more daunting, because many big countries with large teams tend to do well on it: The U.S. rises to fourth place with 1.22. China is fifth with 1.12 and Russia sixth with 1.06.

Of course, in a country famous for hockey and branded "We the North" the Summer Games may be something of an afterthought. But Canada has many advantages: it is a big country with a big team, not to mention that its openness to immigration gives it an edge in attracting talent from around the world. There is much to be proud of in the individual successes of athletes like Oleksiak and De Grasse. But, at a broader national level, it's time for Canada to up its summer game.

Richard Florida is director of cities at the Martin Prosperity Institute in the University of Toronto's Rotman School of Management.

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REVIVING FITNESS FADS THROUGH MUSIC

A few years ago Zumba was the 'it' fitness fad. But these days many people would be embarrassed to admit they ever went to the dance-cardio classes. Now, the brand has hired music producer Timbaland in a bid to give Zumba a second 15 minutes of fame. Here are five other former fitness fads that could use the help of a hip producer to get back into fighting shape. **MELISSA DUNNE/METRO**



1 Runnin' thru The 6 with my quads

If you watched TV in the early '90s there was no escaping Suzanne Somers encouraging viewers to "squeeze, squeeze your way to shapely hips and thighs" with the ThighMaster. Toronto-born producer **Noah "40" Shebib** could give a new generation a new view on the toning device. Perhaps he could get his swole bestie **Drake** to work his thighs whilst a moody, atmospheric tune plays in the background for a millennial version of this classic infomercial?

ISTOCK



2 Can't stop the sliding

Yep, exercise involving a stripper pole and lap dances was a real thing in the '00s, with devotees that included Carmen Electra, Teri Hatcher and Kate Hudson. One assumes current strippercise classes are about as depressing as a strip club on Christmas Day. This erotic form of exercise could use the magic touch of **Max Martin**, who just produced Justin Timberlake's first hit in years. If anyone can revive things that were hot about a decade ago, it's Martin.



3 Making step class supa dupa fly

In the '80s Jane Fonda made wearing a bright leotard and legwarmers while stepping on a plastic box the thing to do. If anyone can make step aerobics supa dupa fly again it would be Timbaland's long-time pal and collaborator **Missy Elliott**. She just inspired U.S. First Lady Michelle Obama to sing 'Get Ur Freak On' on television, so the hottest 'round seems up for the challenge of getting people to step up to step class in 2016.



4 If you feel like pilates is the truth

Gwyneth Paltrow has been partially responsible for popularizing many fitness fads over the past decade, including Pilates. New York Magazine recently declared this gruelling and repetitive exercise routine about as dead as Paltrow's acting career. If super-producer **Pharrell Williams** can make wearing a Moutie hat a thing, he can definitely make doing tiny circles with your legs over and over and over again a thing again.

5 Piloxing's chance for hybrid cool

Back in the halcyon days of 2013 The Daily Mail was asking if Piloxing was the new Zumba. Yes, yes it was, friends. Alas, while the "hot fitness trend" combined Pilates and boxing and had a creative portmanteau it was definitely not hot a mere three years later. Canadian wunderkind **Ebony Naomi Oshunrinde, a.k.a. WondaGurl**, is only 19, and has already worked with the king of rap, Jay Z. Piloxing needs a young, fresh image and this rising star from Brampton, Ont., could get the hybrid exercise back in the ring.



INSTAGRAM/ WONDAGURL

RADIO

Shad steps down as host of Q

Shadrach Kabango a.k.a. Shad, is stepping down as host of the CBC Radio show Q, the broadcaster announced Monday. His last day as host will be Tuesday, CBC said in a statement that also named his replacement as Tom Power. Kabango will be pursuing "new creative opportunities" with the CBC said Susan Marjetti, executive director of CBC Radio English Services.

"We are refocusing and re-investing in Q to ensure it continues to evolve and deliver what

our audience wants from CBC Radio's flagship music, arts and cultural program," Marjetti said. "Tom is a great fit for Q. We look forward to exploring a new show with Shad that plays to his strengths and passion for music. Shad remains part of our CBC family."

Kabango was hired as the permanent host of Q in April 2015 following a search to replace the show's previous host, Jian Ghomeshi. But critics thought his delivery and interview-skills

were lukewarm, and the show's ratings were lackluster.

"Well, my time at q has come to a close," said Kabango in a statement. "It's been an honour and a JOY to serve in this role! . . . My relationship with the CBC remains strong."

Kabango says he will also be returning to music. Before joining Q, he was a rapper most famous for beating out Drake to win Rap Recording of the Year at the Junos in 2011 for his album TSOL.

TORSTAR NEWS SERVICE

GET TO KNOW THE REPLACEMENT

Here are some quick facts about Tom Power:

- He's a folkie at heart, having started his career in folk college radio.
- He joined the CBC in 2008 at the age of 21 as host of Deep Roots, becoming the youngest host of a national CBC Radio program since Peter Jennings.
- In 2011, he became the

permanent host of Radio 2 Morning, so he's spending the final years of his 20s waking up very early.

■ He hails from St. John's and lives in Toronto.

■ He's frontman for the Dardanelles who trade in lively traditional music.

■ He apparently loves bluegrass, fishcakes and bad jokes. TORSTAR NEWS SERVICE



COURTESY CBC/DUSTIN RABIN

Pelvic problems surprise new moms

OB-GYN ISSUES

Education, physio can help with postpartum complications

Genna Buck
Metro Canada



When Laura Foster, 27, gave birth to her daughter Kinsley last September, no one warned her about the less dignified aspects of becoming a mother.

"A couple weeks after I had her, I sneezed when I was sitting on the couch feeding her and I peed myself. I was like, 'Oh my goodness.' Of course my husband starts laughing. I'm stuck in this position," Foster said.

Giving birth can do serious damage to the pelvic floor — the supportive muscles and connective tissue surrounding the bladder, lower intestines, and in women, the uterus.

This can result in all sorts of issues, from back pain to organ prolapse to painful sex, but one of the most common and debilitating is urinary incontinence, which affects about a third of new mothers.

According to Marie-Josée Lord, physiotherapist and past chair of the Canadian Physiotherapy Association's women's health division, there's been a surge of awareness about pelvic-floor issues. However, screening and treatment for them "is not part of standard care."

Usually, Lord said, postpartum incontinence can be successfully treated with physiotherapy (and there's some research to back this up). But physio is not covered by provincial health plans. Many women, Lord added, don't seek treatment at all either because they're embarrassed or because they don't know anything can be done.

On the suggestion of her sister-in-law, Foster found a physiotherapist near her home in Belleville, Ont. who offers pelvic physiotherapy.

When she started treatment she had little control of any muscles "from the bellybutton down."

Having physio on her internal vaginal muscles was uncomfortable, but it worked.

"Basically, after you've had a kid you have no shame. I told her just to do it if it's going to help. She sort of put pressure on (the muscle) to release it. It hurts. It's not a very pretty kind of physio, but it works."

After half a dozen appoint-



Laura Foster experienced damage to her pelvic floor after giving birth, but physio successfully treated her issues. CONTRIBUTED

A lot of the women out there are starting to talk about this, and you realize there is help.

Mother Laura Foster

ments, her incontinence all but disappeared, and she has been able to go back to work early. "I would have been terrified to go back if I hadn't done this," Foster said.

The extent of the information Foster received from her doctor about pelvic floor health was some pamphlets and encouragement to do kegel exercises.

With only a pamphlet for guidance, around 40 per cent of women do kegels incorrectly, Lord said.

At postpartum visits, busy family doctors and OB/GYNs tend to check on external healing and leave it at that unless women bring up specific issues, Lord said — though that's starting to change.

"I started doing pelvic health 25 years ago. It's a lot better now. There's a lot more awareness among both physicians and women."

"But there's still a long way to go," she said.

She held up France as an example. There, as many as 10 ses-

sions of rééducation périnéale (lady-parts rehab, basically) are automatically prescribed free to every new mother.

Lord didn't suggest Canada should follow suit, but said even one postpartum physio visit to check for any issues and teach the proper way to do pelvic floor exercises would make a huge difference for many women.

Dr. Lynn Stothers, a professor of female urology at the University of British Columbia, said pelvic muscle rehabilitation is effective, and that nurses and doctors can be trained to do it as well as physiotherapists. But, she cautioned, it's not a "cure-all" because incontinence has many causes and can be lifelong.

Foster has been having the conversation with other women that she wishes someone had with her.

"Nobody really tells you this stuff," she said. "I go to playgroups. A lot of the women out there are starting to talk about this, and you realize there is help."

RETAIL

Lululemon having a zen moment



The Lululemon pant wall at a store in New York City. THE ASSOCIATED PRESS

After two tough years, Lululemon Athletica is enjoying a rebound in sales and CEO Laurent Potdevin is optimistic that the company known for yoga wear can keep the momentum going.

Potdevin has set ambitious goals: to double sales to \$4 billion by 2020, push innovation in products like swimwear and menswear, add more stores in North America and catch up in e-commerce.

The company is going back to taking risks following a major product hitch in 2013 that cost the company millions and sent the stock tumbling. Lululemon recalled thousands of its stretchy black yoga pants after customer complaints that they were too sheer.

Christine Day, who assumed the helm in 2008, announced she was leaving the company and said it was a personal decision. Then, founder Chip Wilson resigned as chairman after suggesting some women's bodies were not made for Lululemon's

clothing. Potdevin, who took the helm in January 2014, has been rebuilding. The company has relaunched its website. Its clothing is now all electronically tagged, allowing Lululemon to better track inventory and shoppers to use the app to check whether items are in stock at a particular store. Lululemon also revamped its store wall of yoga pants with new fabrics and organized them by how they feel — relaxed, naked, hugged, held-in and tight.

Potdevin recently spoke about where the company is headed.

There are lots of companies jumping on the "athleisure" trend. Aren't you worried?

We are in a very unique position at the intersection of function and fashion. Every piece of product starts with function. If it's not functional, we shouldn't do it. And I think that insulates us from other lifestyle apparel brands. When we look at the brand, the people, the product, the global opportunity, the sky is

the limit. We have a massive men's business ahead of us. We can grow multiple categories.

What was your priority when you first came on board?

My very first focus was on rebuilding guest loyalty. A big piece of that was quality. The company had grown very, very quickly. The investment had lagged behind the growth. And so for the first year I was focusing on building the engine that would allow us to handle the complexity of the business and to scale the business. So we invested heavily in our office in Hong Kong and our quality department.

How do you view risks now?

Two and half years ago, as a result of the snafus, there was a bit of a cultural fear ... of not trying new things. And today, we went from playing defence to playing offence, and we are launching new things again.

THE ASSOCIATED PRESS

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Familiar foe awaits Canada

RIO2016

France looking to avenge recent losses in quarter-finals

It might not be contempt that the familiarity has bred but there is something special that adds some juice to Canada's Olympic basketball quarter-final game against France.

Not only do six members

of Canada's team play in the highly regarded French league each winter, the teams have developed a healthy international rivalry over the years.

Canada beat France in the playoff round on the way to a fifth-place finish at the 2014 world championship. Canada also won a pre-Rio tuneup game in New York less than two weeks ago, and beat France during an exhibition tour of Europe in June.

There is familiarity and success to fall back on for Canada in Tuesday's Olympic elimination game (9:15 p.m. ET, TSN).



"We know what it's like to play in a quarter-finals now, it's a much better matchup this time."

Kim Gaucher

"We know them well, we've had some great battles with them over the years," veteran Kim Gaucher said after Canada completed its preliminary round.

"We'll both be ready for each other, I could run France's plays and I'm sure they could run a little bit of our offence as well.

It's going to be a battle but, gosh, this is what you come here for, to play in the quarter-finals and I think it's a great matchup for us."

France and Canada finished with identical 3-2 records in the first round. France was second in Group A on a tiebreaker with Japan and Turkey. Canada was

third in Group B behind U.S. and Spain.

Any matchup would have been difficult but Canadian coach Lisa Thomaidis thinks her team's familiarity with France will be a plus.

"In terms of prep, in terms of their level of comfort, that's a good thing. I think we'll feel pretty good going into that game just because we have played them a number of times and had some success but they'll have some things ready for us for sure," Thomaidis said.

This is the second straight Olympic quarter-final for Can-

ada. They were steamrolled by the United States four years ago in London, overwhelmed by both the moment and the opponent.

That's not going to be the case here Tuesday.

"When we were here four years ago, there was one person (Teresa Gabriele) who had been to the Olympics before," Gaucher said. "We've got seven now, that's a whole different ball game. We know what it's like to play in a quarter-finals now, it's a much better matchup this time. I think experience is huge and we've got a lot of it."

TORSTAR NEWS SERVICE



RIO in brief

TV camera falls 60 feet, injures seven people

Seven people were injured Monday when an elevated television camera plummeted more than 60 feet to the ground in the Olympic park outside the basketball venue in the latest in a string of mishaps at the Rio Games.

The Olympic Broadcasting Service said two guide cables on its camera snapped, causing it to fall to a lower concourse that feeds into the basketball stadium.

TORSTAR NEWS SERVICE

Canadian duo advances to synchronized final

Jacqueline Simoneau of Saint-Laurent, Que., and Karine Thomas of Gatineau, Que. qualified for the synchronized swimming duet final.

The duo placed seventh in qualifying with a score of 179.3583, putting them 15.1661 points behind the first-place Russian team of Svetlana Romashina and Natalia Ishchenko. China's Huang Xuechen and Sun Wenyan qualified in second.

The final will take place Tuesday. THE CANADIAN PRESS



1 Bahrainian bounce — Ruth Jebet captured Bahrain's first-ever gold medal after winning the women's 3,000-metre steeplechase in a time of 8:59.75 on Monday.

2 Laying down the hammer — Poland's Anita Włodarczyk set a new world record of 82.29 en route to winning the women's hammer throw.

3 Lord of the rings — Eleftherios Petrounias won in men's rings for Greece's second gold medal of the Games.

4 Biles slips on beam — A mistake on the balance beam prevented the American gymnastics star Simone Biles from a record-tying fourth gold in Rio. She settled for the bronze medal while Sanne Wevers won gold and Laurie Hernandez took silver. PHOTOS BY GETTY IMAGES

The Cubs apologized and fired an employee for playing The Prodigy's Smack My B---ch Up when Aroldis Chapman left the mound Sunday



Agony as currents of time catch up with Oldershaw

RIO2016

Veteran can't find answer as world paddles away from him

After 900 metres Mark Oldershaw's muscles were howling, but that's when he does his best work.

He digs through the water in his canoe and he finishes. He was in second place with 250 metres to go, a little more than a quarter second off the lead, and the final was in front of him. Oldershaw put his head down, and thought, 'I'm not going to leave anything to chance'.

And when the 33-year-old looked up, he was done. In the men's 1,000-metres canoe sprint, Oldershaw finished fourth in his semifinal, and failed to advance. He won bronze in this event in London, four years ago.

This time, he got passed. He rolled his wide chest onto the dock and lay there for a minute, then walked heavily down the dock. Tough day.

"Yeah, I knew it was going to be hard to make the final, honestly," said Oldershaw, who has the 200 still to race. "It's a lot deeper field than it was in London ... and it just made it tough to crack the final. I



Mark Oldershaw reacts after missing out on a finals place in Rio. LUCAS OLENIUK/TORSTAR NEWS SERVICE

still feel like if I lined up in the final that I'd have a shot at a medal, but I think that's how deep the field is, and I just wish I could be a part of it.

"So, I gave it everything I had today, and it just wasn't good enough."

"Just not quite good enough," echoed his father

"I still feel that if I lined up in the final, I'd have a shot at a medal."
Mark Oldershaw

Scott, Canada's head coach. "Everything went to plan until about 75 metres to go and I've never seen him — he didn't die — I've never seen him stall

out at that point of a race ever. I really don't know why. He made a move at 200 where he usually goes, and I thought everything was good."

+ END OF THE LINE

Curtain comes down on van Koeeverden's career

Four-time Olympic medallist Adam van Koeeverden was eliminated with a sixth-place finish in the semifinals of the kayak single 1,000 metre race.

The Oakville, Ont., native advanced from the heats on a sweltering Monday morning at Lagoa Stadium. He couldn't recover from a tough start in the semifinals, winding up sixth and out of contention for a medal.

"Am I satisfied with my race? No. Am I satisfied with my performance? No," said van Koeeverden, who won gold and bronze in 2004 before back-to-back silver medals in 2008 and 2012. "I'm so grateful for another opportunity to race for Canada." THE CANADIAN PRESS

It was a tough day, after a tough year. Oldershaw's first child, a daughter with former Canada swimmer Annamay Pierse, came three months early last year; it was terrifying, and they all fought through it. He felt good coming here. He was ready.

And then the world paddled away from him. Tough day.

TORSTAR NEWS SERVICE

MLB

No rapid return for A-Rod

Alex Rodriguez says he won't play in the major leagues again this season.

The three-time AL MVP was released Saturday by the New York Yankees, who owed him about \$27 million for the rest of his contract, which runs through 2017.

Any team could sign A-Rod for a prorated share of the major league minimum of \$507,500, and Rodriguez's hometown Miami Marlins said Sunday they were discussing whether to reach out to the 41-year-old in the wake of a season-ending injury to the team's slugger Giancarlo Stanton.

However Rodriguez spokesman Ron Berkowitz says in a statement Monday: "I want to put all this talk to rest about Alex playing for any team this season."

"It's not happening. Like he said Friday night, he is happy and he is going to take some time to relax and hang with his family and friends," Berkowitz adds.

Yankees manager Joe Girardi said that once Rodriguez left Yankee Stadium, he didn't expect the star to join another team. But, Girardi added Monday night, "nothing that Alex does should ever surprise us."

As the Yankees continue to look to the future, they have promoted right-hander Chad Green from Triple-A to start Monday night against the AL East-leading Toronto Blue Jays.

This is Green's fifth stint with the Yankees this season. He is 1-2 with a 4.94 ERA in eight games, including four starts.

The 25-year-old Green made his major league debut in May.

The Yankees sent Luis Severino back to Scranton/Wilkes-Barre after he got hit hard by Tampa Bay in a start Sunday.

THE ASSOCIATED PRESS



Alex Rodriguez GETTY IMAGES

NHL

New Ducks deal for veteran Vermette

Veteran forward Antoine Vermette has agreed to a two-year, \$3.5 million contract with the Anaheim Ducks.

Anaheim announced the deal Monday.

The former Stanley Cup champion spent last season with the Arizona Coyotes, getting 17 goals and 21 assists. The Coyotes bought out the remaining \$3.75 million on Vermette's contract earlier this month, making him a free agent.

Vermette has scored 471

points in 910 NHL games with four franchises, establishing a reputation as a steady two-way centre with a knack for big goals. He scored the double-overtime playoff winner for the eventual champion Chicago Blackhawks in Game 4 of the Western Conference finals against the Ducks in 2015.

Vermette will fill a gap left by Nate Thompson, whose torn Achilles tendon will keep him out for several more months.

THE ASSOCIATED PRESS

IN BRIEF

Isles grab goalie Gibson

The New York Islanders have signed goaltender Christopher Gibson to a one-year, two-way contract. The Islanders announced the signing of the 23-year-old on Monday. Terms weren't immediately available. Gibson made his NHL debut with the Islanders last season. His first NHL win came on April 5 at Washington, clinching the Islanders' Stanley Cup Playoff berth.

THE ASSOCIATED PRESS

MLB

Ortiz farewells the Tribes with homer

David Ortiz hit a go-ahead, two-run homer in a three-run sixth inning, and the Boston Red Sox defeated the Cleveland Indians 3-2 on Monday to extend their winning streak to four.

Ortiz's 27th home run of the season, the 530th of his big league career, overcame a 1-0 deficit. Ortiz homered in all three games the Red Sox played in Cleveland on this his farewell season.

One out later, Jackie Bradley Jr. also homered off Josh

Tomlin (11-6), who has given up a major league-leading 29 home runs this season.

Drew Pomeranz (1-2) allowed two runs and five hits in 7 2/3 innings to win for the first time since he was acquired from San Diego on July 14. He had been 0-2 in five starts for the Red Sox.

Tomlin (11-6) lost his third straight outing and for the fifth time in seven decisions after a 9-1 start.

THE ASSOCIATED PRESS

Carroll's confidence growing

NFL PRE-SEASON

Seattle boss sees progress in perceived weaknesses

What Pete Carroll saw beginning to develop in the first two weeks of training camp showed when the Seattle Seahawks finally got on the field.

In critical areas like the offensive line, backup quarterback and Seattle's stable of running backs, that development was far more important than the 17-16 victory over Kansas City in the Seahawks' pre-season opener.

"We're really pleased with what's happened up to this point because guys are showing in the game like they showed in practice," Carroll said. "So we're getting good information."

The standouts included the maligned starting offensive line, which held its own against Kansas City's front, though the Chiefs were without a number of starters. Running back Christine Michael rushed for 44 yards on just seven carries and was



Trevone Boykin didn't hurt his job prospects of becoming Seattle's backup quarterback with Saturday's win in Kansas City, Mo. PETER AIKEN/GETTY IMAGES

decisive during his runs. Backup quarterback Trevone Boykin played adequately even before the final drive, when he took the Seahawks 88 yards in the closing seconds and hit Tanner McEvoy for a 37-yard touchdown on the final play. And undrafted rookie defensive back Tyvis Pow-

"We're really pleased with what's happened up to this point."

Pete Carroll

ell showed his versatility with a couple of standout plays including an interception on defence.

"I don't remember a first-year guy having a first game that was that obvious like that," Carroll said of Powell.

The more important developments were the play of the of-

fensive line and Boykin's performance.

The projected starting line has been the most watched position group during camp because of its perceived weakness. Justin Britt seemed to adjust well to his move to centre, tackles Bradley Sowell and Garry Gilliam played well and rookie Germain Ifedi made a few mistakes but overall held up in his first professional game.

"I thought we were tight in our pass protection and really hit some runs against a really nice front," Carroll said.

Boykin was 12 of 22 passing before the final drive when he hit all four passes, including the touchdown to McEvoy. Carroll said Boykin had some issues with miscommunication but the coach was pleased overall as Boykin tries to show he can serve as Russell Wilson's backup.

"He showed the big plays and showed the confidence and the poise to get through it and the clock is ticking down on that last play and the clock is running out and had great poise to finish it off like he did," Carroll said. THE ASSOCIATED PRESS

+ MORE FOOTBALL

Another Bills LB busted

The Buffalo Bills are running out of backups to their backups at linebacker.

IK Enemkpali sustained a season-ending right knee injury, and he will be released after being placed on the waived/injured list on Monday.

Giants' Cruz sits again

There seems to be growing concern about oft-injured New York Giants wide receiver Victor Cruz, who missed practice because of a groin injury.

Broncos' Walker carted off

Denver Broncos defensive end Vance Walker injured his right leg during training camp practice.

Walker was carted off after getting hurt in 9-on-7 drills. Coach Gary Kubiak said Walker would have an MRI on his knee.

THE ASSOCIATED PRESS



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PREMIER LEAGUE



Diego Costa lets out after scoring Chelsea's winner on Monday. MICHAEL REGAN/GETTY IMAGES

Conte likes Chelsea's intensity

Striker Diego Costa struck in the 89th minute as Chelsea won its first competitive match under new manager Antonio Conte, beating West Ham 2-1 Monday night in the English Premier League.

"I'm delighted with the performance, I saw a lot of things that are working, a good intensity with the ball, but we know we can improve," said Conte, a former Juventus and Italy manager. "We are only working one month together, but tonight I saw the right intensity."

West Ham thought it had

MONDAY In London



grabbed a late equalizer in the London derby at Stamford Bridge after James Collins' well-struck shot in the 77th minute cancelled out Eden Hazard's penalty kick.

But Costa was able to steer the ball past West Ham goalkeeper Adrian from outside the box to

give the home team the result it deserved.

West Ham rode its luck for much of the match with Adrian denying Willian twice in the first half.

West Ham finally conceded early in the second half when Michael Antonio bought down Cesar Azpilicueta after giving the ball away while trying to dribble out of the penalty area. Hazard shot straight down the middle to beat Adrian in the 47th and Antonio was quickly substituted by furious Hammers manager Slaven Bilic. THE ASSOCIATED PRESS

RECIPE Cobb Salad



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This twist on the diner classic swaps feta for blue cheese but the whole salad can be freestyled to suit your tastes (and what's in the fridge!).

Ready in 30 minutes

Prep time: 15 minutes
Serves 4

Ingredients

- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 2 Tbsp olive oil
- 1 tsp salt
- 1/2 tsp pepper
- 2 chicken breasts
- 6 bacon slices
- 4 oz feta, crumbled
- 1 avocado, diced
- 2 tomatoes, diced
- 1 head of romaine, thinly sliced

Directions

1. Whisk together garlic, thyme, vinegar, oil, salt and pepper. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.

2. Sauté bacon until crisp. Drain on a paper towel. Cut or crumble into pieces.

3. Grill chicken on top rack of oven at 475 degrees until cooked, about 5 minutes a side depending on the thickness. Allow meat to rest a few minutes and then slice across the breasts to make thin strips.

4. Arrange lettuce on a large platter. Now layer your ingredients in stripes across the lettuce. Serve with the salad dressing of your choice.

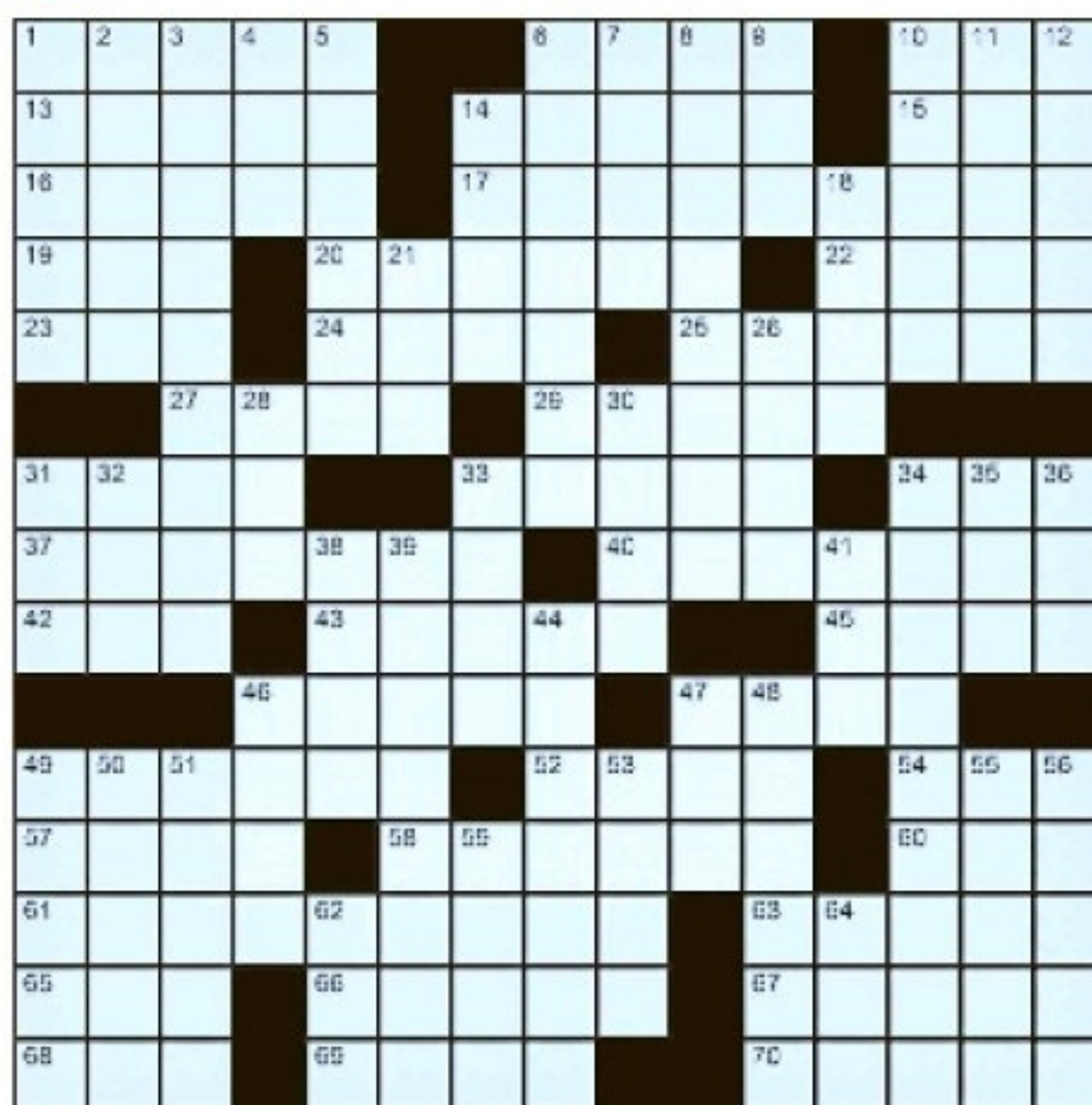
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. RIO 2016: __ Volleyball
6. "Be-__-Lula"
10. \$20s-spewing source
13. Cop __ (Bargain in court)
14. Pave anew
15. French vineyard
16. Port city in northern Brazil
17. RIO 2016: Olympic island nation
19. Yes
20. Greek Myth: Snake-haired Gorgon
22. Single occasion
23. RIO 2016: Tel Aviv's country, IOC-style
24. "Wyatt __" (1994)
25. Lumberjack
27. RIO 2016: Row-er's needs
29. Curls
31. Dull noise
33. Skirmish
34. Mr. Bachman
37. RIO 2016: Rio de __
40. RIO 2016: Olympic country of the Atlas Mountains
42. 16th-century English dramatist, Thomas __
43. RIO 2016: Like #1-Across' playing surface
45. Showy flower
46. Tropical bean tree
47. Spanish 'island'
49. __ chalet
52. Russian river
54. Sugar amt.
57. Declared
58. Newfoundland: Bell Island town
60. "Yoo-__"



61. RIO 2016: Athletics field event: 2 wds.
63. Beasts
65. Mauna __ (Hawaiian volcano)
66. Someone __ (Not mine)
67. Lofty layer
68. 'Hatch' suffix
69. Travel purchas-

- es [abbr.]
 70. Elvis' "Suspicious __"
- DOWN**
1. __ Need Your Loving" by The Four Tops
 2. RIO 2016: Fencing swords
 3. RIO 2016: Gymnastics event, Men's Individual __
 4. Dee's precursor
 5. RIO 2016: __ Throw
 6. Quebec town on the St. Lawrence River
 7. Giant of ancient Greek mythology
 8. RIO 2016: __ Bars (Gymnastics apparatus)
 9. Political pundit Mr. Fleischer
 10. Nailing
 11. Armistice
 12. Ponderer
 14. What's left-over, briefly
 18. Clothes
 21. ' __' in Edmonton
 26. Fashion designer Mr. Cassini
 28. Citrus drink
 30. Skin care brand
 31. RIO 2016: 'Tajikistan', IOC-style
 32. Bale of __
 33. __ Lisa (The Louvre masterpiece)
 34. RIO 2016: Sport in which Canadian Olympian Simon Whitfield won gold in Sydney in 2000
 35. Garlic: French
 36. Set down
 38. " __ take you Diane..." (If Ted and Shelley's characters married on "Cheers")
 39. RIO 2016: Event in Athletics: 2 wds.
 41. Annex
 44. RIO 2016: Badminton and Tennis competitions
 46. 'Motor' suffix
 47. Mr. Fleming
 48. RIO 2016: White-water rapids event
 49. Crunchy fruit
 50. RIO 2016: Gymnastics event, Women's __ Exercise
 51. RIO 2016: Track team race event
 53. Mice pals
 55. Sensible
 56. Models
 59. RIO 2016: 'Down Under' Olympic country, briefly
 62. Fido's doc
 64. Submachine gun variety

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might see a marvellous way to introduce reforms or improvements at work today. You might see ways to improve your health as well. Move ahead in both directions.

Taurus April 21 - May 21
Romantic relationships are passionate today. A new relationship that begins now will be intense. Destiny!

Gemini May 22 - June 21
You can make a powerful improvement to your home that will make things run more smoothly, especially improvements to bathrooms, plumbing and laundry areas.

Cancer June 22 - July 23
Your ability to convince anyone of anything is amazing today. Your words are like gold. This is a strong day for writers, actors, teachers and salespeople.

Leo July 24 - Aug. 23
You are passionately resourceful today. You might see ways to make money from art. Or perhaps you see new applications for something that can generate money.

Virgo Aug. 24 - Sept. 23
Whatever you do today, you will do with intense passion. Life is black and white, not gray. You either want something or you don't. (Oh my.)

Libra Sept. 24 - Oct. 23
Passionate, secret trysts will take place for many of you today. You have to ask yourself if this relationship is a positive thing in your life. (Yes, it's irresistible, but so are nachos.)

Scorpio Oct. 24 - Nov. 22
A friend might become a lover today. One thing is certain: All your interactions with friends and members of a group will be intense and memorable.

Sagittarius Nov. 23 - Dec. 21
Others might seek your advice about how to make something more attractive. This could be design, layout, anything. Meanwhile, a flirtation with a boss might be too hot to handle.

Capricorn Dec. 22 - Jan. 20
Romance with someone from another culture or a different country will begin for some of you now. Others will be passionate about issues regarding politics, religion and race.

Aquarius Jan. 21 - Feb. 19
Discussions about shared property, inheritances and debt will not be casual today. Nothing is casual today (particularly intimacy).

Pisces Feb. 20 - March 20
Your feelings for partners and close friends will be forceful and powerful today. You might see a new, deeper level of the relationship that you had never realized before.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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